

SHOULDER EXERCISES

1



ISOMETRIC SHOULDER EXTERNAL ROTATION AT 90°

- Stand with **right or left (circle one)** side to wall, arm at side, and elbow at 90°.
- Position towel between arm and wall, and push wrist against wall.
- Hold for 10 seconds. Relax.
- Repeat ___ times.
- Do ___ sessions per day.

2



ISOMETRIC SHOULDER INTERNAL ROTATION AT 90°

- Stand with **right or left (circle one)** side to wall, arm at side, and elbow at 90°.
- Position towel between arm and wall, push arm against wall.
- Hold for 10 seconds. Relax.
- Repeat ___ times.
- Do ___ sessions per day.

3



ISOMETRIC SHOULDER FLEXION AT 90°

- Stand facing wall with elbow bent at 90°.
- Make a fist. With a towel between hand and wall, push against wall.
- Hold for 10 seconds. Relax.
- Repeat ___ times.
- Do ___ sessions per day.

4



ISOMETRIC SHOULDER EXTENSION AT 90°

- Stand facing away from wall with elbow bent at 90°.
- Place towel between elbow and wall and push against wall.
- Hold for 10 seconds. Relax.
- Repeat ___ times.
- Do ___ sessions per day.

5



T-BAR SHOULDER ABDUCTION

- In a seated or standing position, grasp pole at both ends.
- Keep **right or left (circle one)** arm relaxed and extended as you push out and up.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

6



T-BAR SHOULDER FLEXION

- In a seated or standing position, grasp pole at both ends.
- Starting from the hips, keep **right or left (circle one)** arm relaxed and extended as you push forward and up.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

7



SHOULDER ABDUCTION WITH RESISTANCE

- Stand on one end of resistance band.
- With arm at side, hold other end of resistance band in **right or left (circle one)** hand.
- Lift arm up and out to side to shoulder level, keeping elbow straight.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

8



SHOULDER FLEXION WITH RESISTANCE

- Stand on one end of resistance band.
- With arm at side, hold other end of resistance band in **right or left (circle one)** hand.
- Lift arm up in front and over head, keeping elbow straight.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

9



SHOULDER INTERNAL ROTATION WITH RESISTANCE

- Secure resistance band at waist level.
- Stand with **right or left (circle one)** side to resistance band, elbow at 90°, and arm at side.
- Position towel between elbow and body, hold resistance band and pull hand inward, keeping elbow at side.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

10



SHOULDER EXTERNAL ROTATION WITH RESISTANCE

- Secure resistance band at waist level.
- Stand with **right or left (circle one)** side to resistance band, elbow at 90°, and arm at side.
- Position towel between elbow and body, hold resistance band and pull across body. Pull hand outward, keeping elbow at side.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

11



SHOULDER RETRACTION WITH RESISTANCE

- Secure resistance band in door at chest level.
- Hold elastic in hands with both arms extended.
- Pull back, bending elbows and keeping them close to sides, squeeze shoulder blades together.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

12



SHOULDER SUPRASPINATUS LIFT WITH RESISTANCE

- Stand on one end of resistance band.
- Grasp other end of resistance band and hold **right or left (circle one)** arm out from side at 45° with thumbs down.
- Raise arm to shoulder height, keeping elbow straight.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

13



SHOULDER DIAGONAL EXTENSION WITH RESISTANCE

- Attach resistance band to secure object above head level.
- Grasp resistance band with palm forward and arm up and out to the side.
- Pull down and across body, ending at opposite hip and palm inward.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

14



SHOULDER DIAGONAL FLEXION WITH RESISTANCE

- Attach resistance band to secure object at floor level.
- Grasp resistance band with palm inward and crossed over trunk to opposite hip.
- Raise arm up and diagonally across the trunk, rotating palm up as you go through the movement.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

15



SHOULDER OVERHEAD PRESS WITH WEIGHT

- Sit or stand, hold weight in **right or left (circle one)** hand, shoulder and elbow are bent at 90°.
- Lift weight up and over head, then return to start position.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

16



SHOULDER EXTENSION (PRONE) WITH WEIGHT

- Lie face down with **right or left (circle one)** arm off side of table. Hold weight in hand.
- Raise arm up above back, keeping elbow straight.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

17



SHOULDER EXTERNAL ROTATION (PRONE) WITH WEIGHT

- Lie face down while holding weight in **right or left (circle one)** hand.
- Position shoulder and elbow at 90°.
- Rotate arm upward, keeping elbow bent.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

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SHOULDER HORIZONTAL ABDUCTION (PRONE) WITH WEIGHT

- Lie face down holding weight in **right or left (circle one)** hand with thumb up.
- With arm extended at 45°, lift arm upward slightly above head.
- Repeat ___ times ___ sets
- Do ___ sessions per day.

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houstonmethodist.org/at-resources

